

March 2017 @ the Oxbow Eco-Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 10:00am Homeschool Day: "Make Prehistoric Florida Your Home" 7:00pm St. Lucie Audubon Society lecture: "The Spoil Islands of the Indian River Lagoon "	3 10:30am Tai Chi for Health	4 9:00am Guided Hike 10:00am JOE Hunters of the Wind 3:00pm Critter Crunch & Munch
5	6	7	8	9 3:30pm Tales and Trails	10 10:30am Tai Chi for Health	11 9:00am Guided Hike 3:00pm Critter Crunch & Munch
12	13	14	15	16	17 10:30am Tai Chi for Health	18 9:00am Guided Hike 9:30am Dirty Hands Day 3:00pm Critter Crunch & Munch
19	20	21	22	23	24 10:30am Tai Chi for Health	25 9:00am Guided Hike 9:30am Archery 3:00pm Critter Crunch & Munch
26	27	28	29	30	31 10:30am Tai Chi for Health	@StLucieGov    



(772) 785-5833
www.oxboweco.com
 5400 NE St. James Drive
 Port St. Lucie, FL 34983



March 2017

Tai Chi for Health

Fridays (Mar. 3, 10, 17, 24 & 31) @ 10:30am

Described as the 'perfect exercise,' Tai Chi for Health is designed for young and old alike, physically fit or challenged, and especially good for those who suffer from arthritis, diabetes, osteoporosis and balance issues. Classes are taught by instructors Hilde and Hector Ruiz-Puyana. \$12 per class or \$40 for 4 classes. Appropriate for ages 16 and up.

Guided Hikes

Saturdays (March 4, 18 & 25) @ 9:00am

Enjoy a guided hike through the wilds of the Oxbow trail system and be enriched with the biodiversity this preserve has to offer. Show up at 9am ready to hike! Appropriate for all ages, FREE.

Critter Crunch & Munch

Saturdays (March 4, 11, 18 & 25) @ 3:00pm

Bring something to snack on while you watch the Oxbow's animal ambassadors enjoy their favorite time of day - meal time! Appropriate for all ages, FREE.

Homeschool Day "Make Prehistoric Florida Your Home"

Tuesday March 2nd @ 10:00am

Join the Florida Public Archeology Network (FPAN) to learn how early native Americans in Florida built their houses, constructed mounds, made tools and more. Appropriate for ages 7-12. \$5 per participant. Reservations required.

St. Lucie Audubon Society lecture "The Spoil Islands of the Indian River Lagoon - Birds just love these islands"

Thursday March 2nd @ 7:00pm

This presentation will cover the history, formation, and environmental importance of the 127 man-made Spoil Islands, of the Indian River Lagoon create during the Inter-coastal Waterway (ICW) in the 1950's. Dredging of the "mounds of rock and sand" evolved into viable and important eco-systems for many bird species. FREE

Junior Oxbow Explorers- Hunters of the Wind

Saturday March 4th @ 10:00am

Tim Brown, Director of Education for the Treasure Coast Wildlife Center will present this birds of prey program, featuring a variety of bird species, including hawks, owls, vultures, falcons and eagles. Learn about the unique adaptations these birds have developed for hearing, sight, hunting and flight. Don't miss this opportunity to view these magnificent birds up close, and learn about the important roles they play in nature. \$5/participant. Reservations required.

Tales & Trails-

Thursday March 9th @ 3:30pm

Join Ms. Phyllis for a story time adventure and then take a hike in the butterfly garden or down the boardwalk to see what kinds of animals you can spot. Each month the story changes but the fun never stops! Appropriate for ages 2-6, FREE.

Bird Prowl Hike

Saturday March 11th 9:00am to 11:00am

Explore the aquatic habitats of the Oxbow Eco-Center preserve to spy on bird populations inhabiting these areas. Why do birds stay near water? Which birds live along the canal, and which birds live on the riverbank? We'll look for clues to understand where and why animals live within the preserve. Here's your chance to discover a nature trail near you, and learn about the native plants, butterflies, and animals - right in your own backyard! Guided nature program hikes are FREE; pre-registration is required. To sign-up go to: <http://www.slchikes.org>. Programs target ages 12 and up unless otherwise noted. Proper footwear and water are required. For more information, call (772) 462-2526 or email slchikes@stlucieeco.org

Dirty Hands Day

Saturday March 18th @ 9:30am

Plant a tree, pull some weeds, clear a trail, and get your hands dirty at the Oxbow Eco-Center. This volunteer opportunity is designed for community groups or individuals who are looking to make a difference in their community through environmental stewardship. Dirty Hands Day will be held every third Saturday of the month and the project will vary depending on the needs of the Oxbow Eco-Center and Preserve. Ages: Open to all ages, but participants under 18 must be accompanied by an adult unless they are a current Oxbow volunteer.

Archery

Saturday March 25th @ 9:30am

From the Olympics to national tournaments and local clubs, archery offers extracurricular fun for all ages while helping to build strength, endurance, and mental focus. Instruction will include a classroom session and outdoor range time. Please bring a bagged lunch, water bottle, closed-toe shoes and appropriate clothing for Florida weather. This program is for ages 10 and older. All participants 15 years old and younger must have a guardian present. The cost is \$10 per person for anyone planning to participate on the range. Reservations are required.

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